

Genitourinary Focused Assessment: Adult

Focused assessment of the structures of the urinary system

Critical Elements

- 1) This procedure is NOT delegated to UAP
- 2) Follow Universal Competencies
- 3) Perform nursing health history that prompts focused assessment
- 4) Perform light palpation above the pubis symphysis for presence of bladder distention
- 5) Inspect perineal area
- 6) Interview patient regarding urinary habits

Based on C. Lenburg's work in the COPA Model

Nursing Intervention Instruction

Steps	Key Points	Rationale
1) Follow Universal Competencies	Introduce self Perform hand hygiene Don gloves if indicated Teach patient	
2) Palpate for bladder distention	Use light palpation to assess the area directly above the pubis symphysis Palpate for tenderness, pain, masses, distention, and guarding	Palpation of bladder indicates a distended bladder An empty bladder will not be felt during examination
3) Inspect perineal areas	Inspect urethral meatus and perineal area	Look for redness, skin breakdown, swelling, abnormalities, presence of urinary catheter, presence of urine, stool, infection
4) Interview patient about urinary habits	Ask about: Normal pattern/History Frequency Incontinence Hesitancy Appearance/Odor Recent Changes Typical Fluid intake	History of urinary habits or changes to regular urinary routine can indicate poor genitourinary function Painless hematuria can indicate bladder cancer
5) Complete procedure	Perform hand hygiene Record results and report if indicated	

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Fundamentals of Nursing (9th ed.), Potter & Perry, 2017

HESI Skills Module, Head to Toe Examination of the Adult, 2019

HESI Clinical Skills Module, Assessing the Female Genitalia and Rectum, 2019

HESI Clinical Skills Module, Assessing the Male Genitourinary, Rectum, and Prostate, 2019